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THE STARS ARE OUT IN MIAMI

MLB's 88th All-Star Game takes place from Marlins park tonight. 23

Find summer fun at these pop-up playgrounds. 19

Kimberly Snyder's weight-loss secrets. 22

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HELL OF A GOOD DAY

After bracing for the beginning of
the 'summer of hell,' many
commuters were shocked that
their rides went smoothly. 4, 6

GETTY IMAGES

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TRUMP BACKTRACKS ON CYBER UNIT WITH RUSSIA

President Donald Trump backtracked on his push for a cybersecurity unit with Russia, tweeting that he did not think it could happen, hours after his proposal was harshly criticized by Republicans who said Moscow could not be trusted. Trump said on Twitter early on Sunday that he and Russian President Vladimir Putin discussed on Friday forming "an impenetrable Cybersecurity unit"



to address issues like the risk of cyber meddling in elections. The idea appeared to be a political non-starter. It was immediately scorned by several of Trump's fellow Republicans, who questioned why the United States would work with Russia after Moscow's alleged meddling in the 2016 U.S. election.

TRUMP JR. HIRES LAWYER FOR RUSSIA PROBES

Donald Trump Jr. has hired a lawyer to represent him in Russia-related investigations, his office and the lawyer said, as Republicans voiced concern about a meeting between the U.S. president's son and a Russian. Trump Jr. hired New York lawyer Alan Futerfas, who specializes in criminal defense. Futerfas would not say when he was retained or whether he played any part in the state-

ments Trump Jr. made over the weekend about a meeting with a Russian lawyer. Trump Jr. met the Russian, Natalia Veselnitskaya, in June 2016, during the presidential election campaign, at Trump Tower in New York. He has said he agreed to meet Veselnitskaya, described by The New York Times as having links to the Kremlin, after being promised damaging information about presidential candidate Hillary Clinton.

MUSK TWEETS PICTURES OF FIRST MODEL 3

Tesla Inc. Chief Executive Elon Musk tweeted pictures of the first Model 3 sedan to roll off the assembly line. Tesla board member Ira Ehrenpreis was the first to put down a \$1,000 deposit on the Model 3 and gifted the car to Musk for his 46th birthday, Musk said in a tweet. Musk has high hopes for the \$35,000 Model 3, aimed at the mass market, and expects the rollout to help the



company deliver five times its current annual sales volume. Tesla's shares have taken a beating in the last few weeks, as investors have become increasingly concerned that demand for the company's existing Model S sedan is weakening.

5 THINGS YOU NEED TO KNOW

BROTHERS AND SISTERS IN BLUE

Police officers and the public line up to pay respects to slain New York City Police Officer Miosotis Familia on Monday in the Bronx. Familia, a 12-year veteran of the police force, was ambushed by Alexander Bonds while sitting inside her NYPD police vehicle last week in the Bronx. For more, see page 12.

GETTY IMAGES

TRUMP'S ELECTION PANEL IS TOO SECRET

The American Civil Liberties Union filed a lawsuit against President Donald Trump's election commission on Monday, saying it had failed to follow federal law governing public access and transparency for such advisory groups. The ACLU said in a statement that the Presidential Advisory Commission on Election Integrity had already held its first meeting without giving any notice and that its upcoming meeting

would only be available via webcast. The commission last week said it would meet on July 19 in Washington near the White House. Representatives for the White House did not immediately respond to a request for comment. The lawsuit, filed in the U.S. District Court for the District of Columbia, alleges violations of the Federal Advisory Committee Act, which seeks to ensure transparent government operations.

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ERIN TIERNAN, WEB REPORTER

There's now a vending machine for pot, booze, handguns, you name it — and we're pretty sure it's safe to say the future has arrived. The so-called "smart vending machine" was developed by cannabis tech company American Green with pot in mind, but it's up to vendors what they put inside.

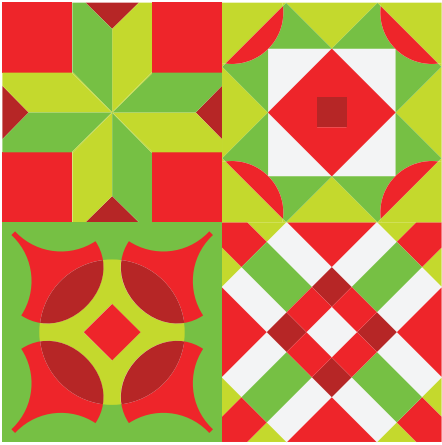
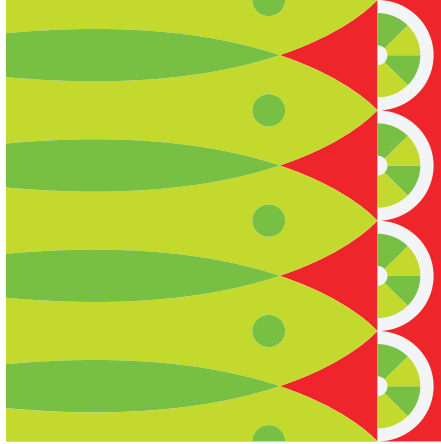
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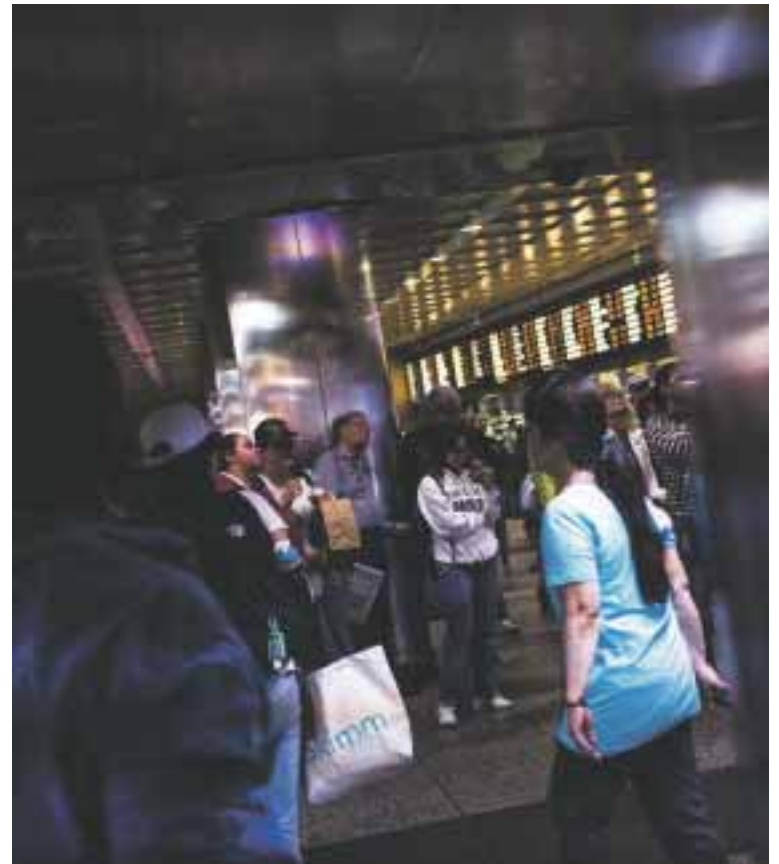
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Commuters reported business as usual on the first day of the "summer of hell." GETTY IMAGES

'Summer of hell' overhyped, calm commuters say

On the first day of the much-vaunted "summer of hell," riders at Penn Station said they had a smooth ride.



It was a miracle one block south of 34th street.

At 6:15 p.m. at New York's Penn Station on Monday, there was barely a delayed train on the board.

It's possible Gov. Andrew Cuomo made an overstatement when he said commuters should expect a "summer of hell" in anticipation of the transit disruptions that started Monday at Penn Station as some tracks shut down to allow for repairs.

But during rush hour Monday, aside from

some additional crowding and the occasional elbow, it was business as usual at Penn Station.

Weeks of ongoing track repairs began Monday morning, resulting in cutbacks and schedule changes for several popular routes in and out of the city. Despite altered service impacting Amtrak, the Long Island Rail Road and New Jersey Transit, commuters seemed barely fazed.

"There wasn't any trouble," said George Quintero, who had expected his train this morning from Elizabeth, New Jersey, to be very late. "I was surprised. I was expecting it to be a really bad day, but it's normal. I feel good."

Diego Ortiz echoed the same thoughts before stepping onto his train back to Newark, New Jersey. "Today there's actually a breathing room," he said. "Typically it's body-

to-body at this hour."

Ortiz was glad there were plenty of people directing the flow of commuters at his stop at Broad Street, but will wait before singing his praises to New Jersey Transit just yet. "It was Day 1, so I think everyone was on their best behavior, so we'll see [Tuesday] how it goes," he said.

Transit employees were not allowed to comment on the record about the disruptions, but some said they felt the area was no more crowded than usual this morning in spite of service cuts.

To avoid the complications, some riders have opted for transportation alternatives such as ferries and buses. However, aside from a few extra customers making a beeline for the information booth to ask about service updates, the so-called "summer of hell" went off without a hitch.

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Penn Station is currently operating at 100 percent capacity during both morning and evening rush hours. GETTY IMAGES

Opinion: There's no room at Penn Station for more rush- hour trains

Problems at Penn Station will be ongoing for the foreseeable future due to space limitations, a transportation expert says.

LARRY PENNER
@MetroNewYork
letters@metro.us

There are both short- and long-term issues concerning Penn Station's capacity and operations. Proposals by some elected officials about relocating some Amtrak trains from Penn Station to Grand Central Terminal to support emergency maintenance repairs sounds great until you look into the details.

Until 20 years ago, Amtrak Empire Service operated trains from Grand Central Terminal along the Hudson River to Albany and points beyond, including Buffalo, Montreal or Toronto. Today, there are five morning rush-hour (6 to 10 a.m.) and six evening rush-hour (4 to 8 p.m.) arriving or departing Amtrak trains from Penn Station that could temporarily return to Grand Central Terminal.

There are several hundred daily Long Island Rail Road and New Jersey Transit trains operating from Penn Station during the same morning and evening rush hours. Amtrak will require the cancellation of far more than 11 trains to support emergency repairs this summer.

There is no room to run additional trains into or out of Penn Station during either a.m. or p.m. rush hours via the East River tunnels with connections to Long Island. This has been the case for decades. Three

of four tunnels running inbound during morning and outbound during evening rush hours have very tight spacing between trains. There is no platform capacity at Penn Station to accommodate any additional trains during rush hour. Penn Station is currently operating at 100 percent capacity during both morning and evening rush hours. If one of the four tunnels is temporarily out of service, the result is numerous delays and cancellations.

There are a number of other competing new services looking for non-existent rush-hour Penn Station platform, track and East River tunnel capacity in coming years.

Metro North wants to begin service at a cost of more than \$700 million to Penn Station some time between 2021 and 2023. Gov. Andrew Cuomo also wants to provide new frequent direct LIRR service on the Port Washington branch between Penn Station and Mets Willets Point station. This is to support his \$450 million LaGuardia Air Train.

However, both the \$29 billion Gateway Tunnel (two additional tracks connecting New Jersey via the Hudson River to Penn Station) and \$3 billion Moynihan Station Farley Building projects fail to add any new additional tracks or platforms at Penn Station.

Don't be surprised if there are no changes to the level of service during the rush hour at Penn Station in the foreseeable future.

Larry Penner is a transportation historian and advocate who previously worked for the U.S. Department of Transportation Federal Transit Administration Region 2 NY Office.

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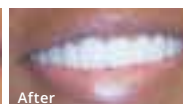
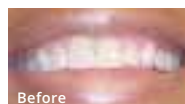
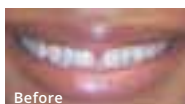
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Police searching for suspect caught on camera carving swastikas into Brooklyn neighborhood sidewalk

Police are searching for a suspect who was caught carving more than two dozen swastikas into fresh cement in Brooklyn, the New York Daily News reported.

The vandalism occurred early Saturday morning in the predominantly Jewish neighborhood of Midwood. The surveillance footage showed a dark-haired man etching several of the Nazi symbols in new cement outside of 242 Newkirk Ave. as he held a flashlight in his mouth.

Brooklyn Assemblyman Dov Hikind told the Daily News that the owners of the building alerted him and the police about the carvings when they discovered them on Monday.

Hikind shared the surveillance video on his YouTube and Facebook pages.

"What has happened to society that people



The vandalism occurred in a predominately Jewish neighborhood.
YOUTUBE/HIKINDNEWS

take any pleasure in spreading hate?" he wrote on the latter. "Imagine the reaction of Holocaust survivors and their descendants who live in this community when they come across these symbols of hate? This was a purposeful determination to hurt people."

The Midwood swastika vandalism is the latest in an outbreak of vandalism seen both around the city and the nation in recent months.

In November, the symbols were drawn on dorm room doors at The New School and on a sidewalk in Crown Heights, which is also a predominately Jewish neighborhood. A few weeks later, anti-Semitic and anti-police graffiti was found at a Queens playground.

The symbols have also been seen drawn on several snow-covered vehicles in Borough Park, Brooklyn, following a storm. NIKKI M. MASCAU

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The upcoming car-free summer at Prospect Park will be the first time the park is completely free of cars. FACEBOOK/PROSPECTPARK

Prospect Park's East Drive to go car-free for the summer

From July 17 through Sept. 11, East Drive from Park Circle to Grand Army Plaza will belong to the people 24/7.



Drivers who cut through Brooklyn's Prospect Park during the morning rush hour will need to find an alternate route for the summer.

Mayor Bill de Blasio announced Monday that East Drive, on which drivers travel northbound from Park Circle to Grand Army Plaza, will be car-free from Monday, July 17, through Monday, Sept. 11. The mayor permanently closed the park's West Drive to traffic in 2015, while East Drive remained open on non-holiday weekdays from 7 a.m. to 9 a.m.

"A safer and quieter park improves the safety and enjoyment for thousands of park users — and has a negligible effect on traffic outside the park," de Blasio said in a statement. "We are thrilled to bring even more of Prospect Park to even more of Brooklyn for the next couple months."

It is the first time Prospect Park will be

completely free of cars, Department of Transportation Commissioner Polly Trottenberg said.

Vehicle traffic on East Drive tends to be much lower during the summer months, with fewer than 300 vehicles traveling on the roadway, DOT data found. However, the stretch is used by roughly 1,000 joggers, cyclists and pedestrians during peak morning hours, the DOT said.

The upcoming closure of East Drive will be publicized to drivers over the

"A safer and quieter park improves the safety and enjoyment for thousands of park users — and has a negligible effect on traffic outside the park."

Mayor Bill de Blasio

course of the next week via social media and electronic boards posted at Park Circle.



East Drive will be car-free from July 17 to Sept. 11. GETTY IMAGES

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The wake for Officer Miosotis Familia was held on Monday afternoon. GETTY IMAGES

Services scheduled for slain NYPD Officer Miosotis Familia

The funeral for the 12-year veteran of the force will be held Tuesday morning.



NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

A wake for slain NYPD Officer Miosotis Familia took place Monday afternoon, and her funeral is set for Tuesday morning, the department announced.

Familia, 48, was shot in the head last week while sitting in a mobile command unit in the Fordham Heights neighborhood of the Bronx. The mother of three, who worked out of the 46th Precinct and was a 12-year veteran of the force, later died at St. Barnabas Hospital.

Viewing hours for Familia took place Monday from 2 to 4 p.m. and from 7 to 9 p.m. Her funeral mass will begin at 10 a.m. Tuesday. Both services will take place at World Changers Church at 2417 Grand Concourse in the Bronx.

The gunman, 34-year-old Alexander Bonds, was shot and killed after he pulled a revolver on pursuing officers as he fled the scene of the shooting.

The NYPD later said officers were search-

ing for Bonds, who had a previous criminal record and was on parole after serving seven years from a robbery conviction, on Wednesday before the shooting.

Bonds' girlfriend had called 911 hours before the shooting saying he was "acting erratically and that he was paranoid by police," Chief of Detectives Robert Boyce said, according to CBS New York. She said he had paranoid schizophrenia, and a search of his home after the shooting found medication, but it is unknown if he had been taking it.

On July 1, Bonds' girlfriend took him to St. Barnabas for psychiatric treatment, and he was released that same day, Boyce said.

New York Gov. Andrew Cuomo has since called for an investigation into the facility regarding Bonds' release, saying "it is critical to ensure all proper procedures and safeguards were taken."

A hospital spokesperson said St. Barnabas will fully cooperate in the investigation and said that all procedures were followed regarding its evaluation of Bonds during the time he was in its emergency room.



Officer Miosotis Familia NYPD

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BETWEEN YOU AND ME

In my continuing quest to figure out what the heck is going on with the American electorate, it came to me this morning: This is like my breakup with a college girlfriend.

I'll call her Samantha. (Although her real name was Donna — I just like the name Samantha. Perhaps this is another reason we split.) She and I had been dating for several years and gradually what had been fun — going to movies, sharing pasta, debating the merits of superheroes — had evolved into a series of smoldering disputes. What Samantha liked, I did not. What I adored, she detested. One day we realized we were living in different universes, and long distance relationships being what they are, we called it quits.

This is the kind of thing the Pew Research Center found in a new study on the contrasting views of Democrats and Republicans — not about politics in particular, but about America in general.

Let's start with the Republican side. The study found GOPers have a good bit of faith in the positive influence of banks and churches. They have decidedly soured on higher learning, with well over half saying colleges and universities have a negative impact. They don't feel good about labor unions. And 85 percent call the national news media (read: me) a negative force. I'm sure they call it other things too, but you get the point. Democrats? Pretty

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



much the opposite. They are much more down on banks and churches. They are much more up on college. They like labor unions. And while 46 percent of them also dislike the national news media, almost as many say the media are OK.

Despite these differences, I would argue we still have a lot in common. We all like freedom and good jobs. We want safe neighborhoods, solid schools and reliable electricity. But undeniably, this study shows we are getting deeper into disagreeing not just about little things, but about big things too — the fundamental nature of us. And if this were a couple, I would not be surprised to hear they were dividing the dishes and working out custody of the beagle.



Demonstrators attend a protest rally. GETTY IMAGES

SHKRELI TRIAL

Investor says Martin Shkreli reminded him of 'Rain Man'

An investor in Martin Shkreli's hedge fund testified that the former drug company executive, now on trial for securities fraud in federal court in New York, reminded him of Dustin Hoffman's autistic character in the movie "Rain Man."

Schuyler Marshall, chairman of the board of the real estate company Rosewood Corp., said under cross-examination by Shkreli's lawyer, Benjamin Braf-

man, that he was not claiming Shkreli was autistic.

"The reference here was that this was just an intensely focused, bright guy who knew his stuff," Marshall told jurors.

Hoffman's character in the 1988 film is an autistic savant with exceptional mental abilities but difficulty relating to other people.

Shkreli, 34, gained notoriety in 2015 when he raised the price of a life-saving drug by 5,000 percent as the chief executive

officer of Turing Pharmaceuticals, sparking outrage among patients and U.S. lawmakers and earning him the nickname "pharma bro."

The charges he is on trial for stem not from his time at Turing, but from his management of hedge fund MSMB Capital Management, another fund called MSMB Healthcare and drug company Retrophin between 2009 and 2014. Prosecutors say he deceived investors in the funds and eventually repaid them with money stolen from Retrophin,

which Shkreli founded in 2011 but was ousted from as CEO in 2014.

Marshall's testimony fit into the picture that Brafman painted in his fiery opening argument of Shkreli as a socially awkward "nerd" who was bullied and manipulated by others.

Like other investors who have testified in the trial, Marshall, who invested more than \$200,000 in MSMB Capital, said that while Shkreli misled him about the fund's operations, he did not lose money. REUTERS



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ERIN TIERNAN
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There's now a vending machine for pot, booze, handguns, you name it — and we're sure it's safe to say the future has arrived.

The so-called "smart vending machine" was developed by cannabis tech company American Green with pot in mind, but Stephen Shearin, a consultant to the company, said it's up to vendors what they put inside.

Thanks to biometric technology, American Green's vending machine has eliminated the need for a human to verify someone's age.

But first, you'll have to register with the vending machine. To do that, you need a valid ID and



This "smart" vending machine was built to sell pot, but, really, it could sell anything. AMERICAN GREEN

an email address, and you do need a human to verify your ID and let you in the system — for now, at least.

Once you're registered, then come the biometrics.

It feels as if the machine is taking your fingerprint, but it's actually a biometric vein scanner that scans and saves your vascular architecture — it's a reading just as unique as a fingerprint, but not as easily fooled.

Once a customer's biometrics are registered, they can use the machine to make purchases. Shearin said the possibilities are endless — picture a baseball fan buying a beer at a crowded game, or a hunter grabbing bullets early in the morning before he heads out in search of game.

Shearin said the company hasn't come up against any legal challenges, but he's prepared. He argues the machine is safer than a traditional

point-of-sale store.

"The biometric we use is something the military uses to authorize people to walk through gates all around the world," he said. "You really can't argue with that."

Encased in steel and equipped with alarms, the vending machine is better guarded against would-be thieves, Shearin says.

"The adoption of smartphones, familiarity with apps on those phones and improvement in related vending technologies have now merged with a concept that the public could easily grasp before but are much more prepared to use now," said David Gwyther, chairman and acting president at American Green, in a statement.

The company now has 22 machines built. Three more — two in Alaska and one in Oakland, California — will go online next week in local dispensaries.

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Blac Chyna speaks out

Last week, a sock entrepreneur named Rob Kardashian took to Instagram to — how do the kids say — put ex-fiancee Blac Chyna on blast. He posted her nudes! It was a hot mess.

Now, Chyna is speaking out.

Before being awarded a temporary restraining order against Kardashian on Monday, the 29-year-old opened up in an ABC News interview that on “Good Morning America.” “He

doesn't respect me,” she said. “So, if you can't respect me, you have to respect the law.”

She continued: “I was devastated, of course. I'm like, ‘How could somebody, like, post these pictures of me?’” she said. “This is a person that I trusted. I just felt betrayed.”

No word from the Kardashian clan yet, but People says Kris and her minions are pissed. A source tells the mag that they are “deeply disappointed and frustrated with Rob.”

So there's that. The youngest Kardashian is still, definitively, the worst.



Chris Evans' dog is fine

Chris Evans fans had a meltdown over the weekend thanks to a seemingly somber tweet.

The 36-year-old actor shared a photo of his dog, Dodger, with the caption “really missing this guy right now,” which led some folks to believe the worst.

Evans' followers were pretty emotional and flooded his Twitter page with condolences.



The Internet was pretty worried.

But Evans assured everyone that Dodger was doing fine. The buds are just going to be separated for a few months.

Fans were happy to hear that Dodger is a good boy. Even “Neighbors” actor Seth Rogen admitted that the whole thing got him emotional. “F—k dude I was like crying,” he wrote on Twitter.

Same, Rogen. Same. **MATT JUUL**



People are mad that Patton Oswalt is remarrying

Patton Oswalt, an actor and stand-up dude who just so happens to do stand-up comedy, is clapping back at some Twitter trolls for being all up in his business.

News recently broke that 15 months after the unexpected death of his wife, Michelle Eileen McNamara, the 48-year-old was newly engaged to another lady with brown hair, Meredith Salenger.

But some people in the Twitter universe were unhappy with his

decision. “Wife dies in her sleep and he's married a year later? Nope!” said one random person. Another wrote, “Like good for them and all but, personally, I'd like to be mourned for more than a couple months.”

Oswalt responded in turn, calling his trolls “bitter grub worms,” which is a pretty tight insult if you ask me.

I suppose it's true what the wise elders say: Some people just have too much damn time on their hands.

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Keegan-Michael Key: Obama's anger translator, Luther, wouldn't survive Trump's presidency

The "Key & Peele" star opens up about the right to protest and Netflix series "Friends From College."

MATT JUUL
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matthew.juul@metro.us

Life after graduation gets messy for Keegan-Michael Key and the cast of Netflix's new comedy "Friends from College."

The "Key & Peele" star plays a Harvard-educated author named Ethan who's struggling to keep his career and marriage together after moving back to New York City with his wife, Lisa, played by Cobie Smulders. While the couple finds some comfort being surrounded by their old classmates again, things get complicated thanks to Ethan's affair with their mutual friend Sam



Things get complicated for Keegan-Michael Key in "Friends from College."
BARBARA NITKE / NETFLIX

(Annie Parisse).

"The affair is something that's been existing in his life for such a long time that, I think Ethan and Sam don't even realize they're really having an affair until they move back to New York City," the 46-year-old actor says. "They're trying so hard to stop, [but] they have this kind of animal magnetism to each other."

Check out more from

our recent chat with Key.

You're doing a production of "Hamlet" in New York City. Fans probably shouldn't expect any "Julius Caesar"-style controversies, right?

It's interesting, the "Julius Caesar" [controversy]. Everyone has a right to protest. [But] I take a little bit of umbrage because I would like people to understand

exactly what they're protesting.

First of all, [this is] not the first time a president has been depicted as Julius Caesar. Second of all, Julius Caesar was very,

very popular with the Roman people. It was the other people in power around him that assassinated him. It wasn't a wholesale decision to just assassinate him, and by the way, the lesson of the play is that the people who assassinated him were the greedy people who were opportunistic, and they are the ones who get punished at the end of the play.

The problem is, you jumped on stage and decided to protest, so you

didn't see the play. You didn't actually see what the play was about. I encourage everybody — liberal, conservative, everybody — to feel free to protest, because we still get to do that in this country. But at least be informed. Keep your mouth shut, get all the facts and then talk.

How mad is Obama's anger translator with the current administration?

Oh, Luther had a heart attack about four weeks ago. No, Luther is in critical condition in the hospital with tubes coming out of his body. Actually, Luther's body was found on the street the other day in a bloody mess. His head was found completely exploded about seven blocks away. Luther would not have been able to handle this. Thank God the president's retired.



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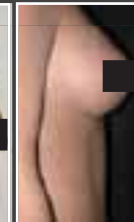
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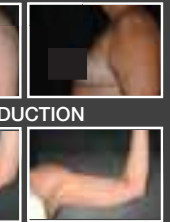
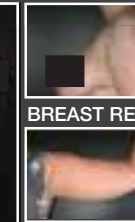
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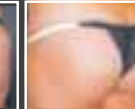
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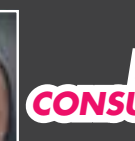
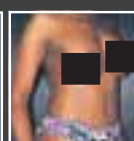
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Get ready for summer fun

These all-ages play spaces are only around for the season!



EVA KIS
@thisiskis
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Between Governors Island's new maze and zipline and the Bronx Zoo's recently opened adventure zones, New York City is really turning into one big urban playground this summer. Here are a some seasonal fun pop-ups you should check out — no matter your age.

The Terrace at Brookfield Place

The Hudson riverfront may not be Miami Beach, but you'll feel the vibe all the same while taking a turn at Brookfield Place's new shuffleboard courts, set up on its scenic terrace every Friday from 3 p.m. to 8 p.m. Cool events go on every summer weeknight like a Coloring Bar on Mondays (5



All aboard Rockaway Water Park's Tarzan Boat. FACEBOOK

p.m.-8 p.m.) and free movies, music and other special events on Apres Wednesdays (5 p.m.-8 p.m.) Through Aug. 18, 250 Vesey St., brookfieldplaceny.com

Rockaway Water Park
With our unusually

mild summer so far, the waters around NYC have been a bit too cold for comfort. But the chill is worth it for a refreshing dip at Rockaway Water Park, a big-kid playground floating on Jamaica Bay with jet skis, canoeing and a

Tarzan Boat. Your goal is to make the biggest splash, whether you're cruising down the water slide, taking a flying leap from a rope swing or, for the very bravest, cannonballing from a trampoline.

Through mid-September, 375 Beach 92nd St., \$25 for two-hour sessions (limited to 40 people, ages 8+), rockawaywaterpark.com

The Perrier Flavor Studio

What's more summery than bubbles? Perrier is introducing two new flavors of its mineral water, strawberry and watermelon, and you can taste them while bouncing around in the Perrier Flavor Studio. Popping up in SoHo from July 12-16, the playground includes a Bubble Ball Pit, digital art walls (with one devoted entirely to artsy selfies), live music and a mocktail bar turning out fizzy drinks using the new flavors.

Open 10 a.m. to 6 p.m., 63 Greene St., free

Free food in Grand Central

Grand Central has never been more popular as the "summer of hell" season of repairs causes nothing but headaches at Penn Station.

This week, Taste of the Terminal is sure to make it even more of an essential stop.

The fifth annual event highlighting the many food vendors at the station with free bites and drinks alongside special discounts is both bigger and smaller than ever.

While in the past, a changing roster of vendors gave out samples on a specific day throughout the month of July, this year's Taste of the Terminal will be a three-day food and music festival taking place July

11-13. Unfortunately for commuters, it's only open during lunchtime hours of 11 a.m. to 2 p.m.

To make up for the shorter span, the number of participating vendors each day is up from four to 10, and they'll be taking over the

entirety of Vanderbilt Hall. Freebies include Shake Shack fries, sushi from Shiro of Japan, wine at Central Cellars, and cold brew by Cafe Grumpy.

Tables will be set up so you don't have to take your haul on the train and risk the wrath of your fellow hungry straphangers.

Adding to the ambiance will be live performances from bands with Music Under New York. Check metro.us for the full lineup.

EVA KIS



Grand Central's food fest returns. @CWWUNG, FLICKR

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— Luann, 42

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— Tanis, 38

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EVA KIS
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Summer is outdoor-grilling season, and for most of us that means a steady diet of burgers sizzled over charcoal.

The cows of Chick-fil-A would like you to reconsider, and they're sweetening the deal Tuesday, July 11, with a free entree from breakfast sandwiches to wraps (though not including salads) for anyone dressed in their cow best.

It's all part of the

13th annual Cow Appreciation Day, celebrating the only mascot whose life depends on promoting its product — their official name is the Eat Mor Chikin Cows.

Don't worry if your full cow costume is in the wash. While leather jackets rather defeat the point of the event, any piece of cow-printed apparel will do. But you're encouraged to lean into it like these people, because when's the last time you got to wear a costume, and Halloween is still months away!

Kids who moo it up with their own cow outfit can also get a free kid's meal.

The free entree with cow flair offer is good from the start of business Tuesday until 7 p.m.

Chick-fil-A, based in College Park, Georgia, has been a familiar presence in the South since it opened in 1946. Though it has 2,100 locations across the country, there are still only three in New York City, one exclusively for the New York University crowd (wonder if fried chicken is included in their meal plans?) and two along Sixth Avenue: a more-traditional take-out counter at 46th Street and a two-story, two-kitchen 37th Street flagship restaurant.

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According to the Centers for Disease Control and Prevention, over 29 million Americans have diabetes. What's more alarming is that 25 percent of those 29 million aren't aware that they're diabetic. In addition, 86 million others have prediabetes. Well-known risk factors of diabetes — family history, excess weight and a sedentary lifestyle — apply to both sexes. But doctors are now investigating how some female-specific

conditions, such as polycystic ovary syndrome and pre-eclampsia and gestational diabetes in pregnant women, are linked to the development of the disease. We spoke with Dr. Andrea Dunaif, the chief of the endocrinology, diabetes and bone disease division at Mount Sinai Sinai Health System, about why some women aren't diagnosed early enough, and how patients can talk to their doctors.

What predisposes a woman to becoming diabetic?

Women who've had gestational diabetes [a condition that can develop during pregnancy and often disappears after delivery] are really substantially at increased risk to develop the adult form of diabetes, type 2 diabetes. That's one incredibly important group of women who need to know that they should be monitored for that.

Why would a woman receiving prenatal care not be aware of that risk?

Frequently, they fall between the cracks because they're young and usually they're getting their complete healthcare from their gynecologist, and the gynecologist may not be aware of this longer-term diabetes risk.

Once women are assessed, what are the next steps?

One option is just the

lifestyle modification, losing about 5 to 10 percent of body weight and moderate exercise, such as half an hour of walking five days a week. It's not a massive intervention that's hard for people to do. If that doesn't work, we would even prescribe a medication called Metformin, which is a diabetes medication. It's also been shown in the setting of prediabetes to reduce the risk for progression to type 2

diabetes by about 40%.

Polycystic ovary syndrome can also put women at risk.

It's really a hormone imbalance. These women typically have menses fewer than six to eight times per year. Increased hair growth is the most typical symptom. These women often have difficulties with weight management. The diagnosis is often missed because there's, unfortunately, not a lot of awareness of it. Therefore, women with it aren't getting the appropriate testing to see if they're at risk for diabetes frequently.

How can women talk to their gynecologists about this?

A conversation every woman should have with their primary care physician [is] "Do I have risk factors for diabetes?" If you are having less frequent periods, that's not normal [and can be] a sign of a hormonal imbalance. It's usually PCOS ... if you have that, you need to [be] evaluated. You do not need to be told you'll grow out of it or you're just overweight. Women need to be their own advocates to make sure that they're getting hormonal testing for it and an answer.

SHEILA DOUGHERTY

What to know about women's diabetes risk



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Kimberly Snyder's weight-loss tips for summer

Celeb nutritionist and "The Beauty Detox Solution" author on how to get fit and healthy for the season.



KATE MOONEY
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Now that summer is here, looking good and feeling good is on everybody's minds. We asked celebrity nutritionist and New York Times bestselling author Kimberly Snyder her advice for healthy weight loss so we can feel and look our best during the warmer months.

Her philosophy: Consume foods that make digestion easier for your body. "Digestion is such an energy-intensive process," Snyder explains. "When you free up energy from digestion, it can go into cleansing and detoxification and aid weight loss." Here's how.

Focus on smoothies

Smoothies, besides being cool and refreshing for the summer, are blended, so they're predigested and easy to break down in your body.

She recommends her "glowing green" smoothie for summer mornings. It combines organic fruits — lemon, banana, pear, apple — and vegetables — spinach, romaine and celery — for a low calorie, high fiber protein, antioxidant,



Kimberly Snyder gives advice on how to have a healthy summer.
PROVIDED



Glowing Green Smoothie
INSTAGRAM/@_KIMBERLYSNYDER

vitamin and mineral-rich drink that will fill you up and energize you for your day.

For an afternoon snack to tide you over between lunch and dinner, she recommends her power-protein smoothie. It blends almond milk or water, hemp or brown-rice protein powder, chia seeds and acai, with a touch of cinnamon and

vanilla and stevia for a hint of sweetness, and will help you power through without turning to carbs or junk.

Hydrate, hydrate, hydrate

Being dehydrated can often confuse us into thinking we're hungry when we're actually thirsty. Staying hydrated will keep your appetite in balance and help to flush out your system.

But make sure you're hydrating with the right liquids, Snyder says: water and herbal tea. Begin your day with hot water and lemon. The lemon helps support your liver, your body's main detoxifying organ, she explains. Cut out

sodas — including zero-calorie diet sodas — which are too acidic and can interfere with your digestion.

Avoid dairy, which is difficult to digest. Switch to almond milk in your coffee, opt for coconut ice cream instead of regular.

Keep your meals simple

"We live in a world where there's so much choice," she says. "Having 20 different things on your plate can lead to bloating and digestive overload because your body has to break down each one." Instead, fill your meals with more of fewer items, she says. For example, a meal could be veggies, quinoa or lentils, and fish.

Get your gut in check

Snyder recommends taking "soil-based-organism" probiotics daily.

While yogurt and kombucha are good for the gut, they're what Snyder refers to as "transient probiotics," which pass through your system, as opposed to "resident-forming probiotics," which help grow good bacteria and create an environment that maintains strong gut health. Snyder says many issues she was facing, including acne, weight gain and candida, cleared up after she incorporated SBO probiotics into her diet.

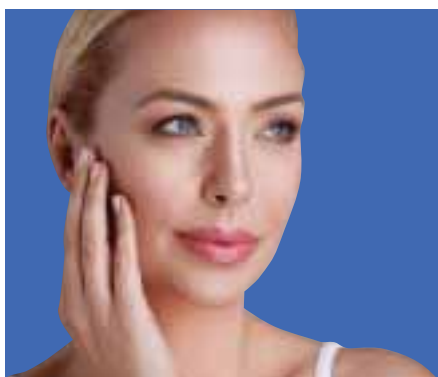
Exercise is about balance

"We're meant to be

dynamic beings," she explains, a concept she explores in her book "Radical Beauty," which she cowrote with Deepak Chopra. "We live in a world where people do this hard-core spin class in the morning for two hours and then sit for 10 hours." Instead, get up and be active throughout your day, from a 15-minute walk at lunch to after-work errands on foot.

She also recommends incorporating "yogic twists" into your day. You can even do them at your desk at work. "Twist to both sides keeping your hips straight is really beneficial for squeezing out your kidneys and liver, your main fat-burning organ."

Find Kimberly Snyder's smoothie recipes at kimberly-snyder.com



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Jose Altuve (Houston Astros)		2B
Jose Ramirez (Cleveland Indians)		3B
Carlos Correa (Houston Astros)		SS
Aaron Judge (New York Yankees)		RF
Mookie Betts (Boston Red Sox)		CF
George Springer (Houston Astros)		LF
Corey Dickerson (Tampa Bay Rays)		DH

National League		
Player (Team)		Pos.
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Ryan Zimmerman (Washington Nationals)		1B
Daniel Murphy (Washington Nationals)		2B
Nolan Arenado (Colorado Rockies)		3B
Zack Cozart (Cincinnati Reds)		SS
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Knicks' Mills already living dangerously

Acting GM and president Steve Mills is putting a lot of stock into questionable moves.



JOE PANTORNO
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It's pretty clear what New York Knicks interim general manager and president Steve Mills is doing right now.

Stepping in for Phil Jackson when he parted ways with the team on June 28, Mills was tasked to help find the team's next GM or president. However, it's become glaringly obvious that he wants both roles for himself while possessing something resembling absolute power.

Former Cleveland Cavaliers GM David Griffin was the favorite to at least take the same position with the Knicks entering the weekend. However, talks broke down when he and Mills

were unable to clearly define his role should he sign on with the Knicks.

Per the New York Post, Griffin wanted to hire his own scouting staff, which apparently created the divide between him and Mills.

Tim Leiweke, who was the president and CEO of the Anschutz Entertainment Group which owned the Los Angeles Lakers, is still in the running, per the Post. Given how the talks with Griffin went, I wouldn't get my hopes up that Leiweke and Mills will hammer out an agreement.

So Knicks fans are currently facing a future with a man that has been with the team for the last four seasons, made little to no impact alongside Jackson and already has made an incredibly risky deal with his first legitimate transaction as interim GM and president.

On Friday, Mills signed Tim Hardaway



With Phil Jackson gone, Steve Mills looks poised to take over the front offices at Madison Square Garden. GETTY IMAGES

Jr. to a four-year, \$71 million offer sheet. The restricted free agent formerly with the Atlanta Hawks — who decided not to match New York's offer sheet on Saturday—was drafted by the Knicks in 2013 and dealt by Jackson just two years

later, seeing as he didn't fit the triangle offense

Hardaway put up the best season of his career in 2016-17 on a Hawks team that finished fifth in the Eastern Conference, recording 14.5 points and 2.3 assists per game. However, he has

only started 62 games in his career and could be saddled with the enormous responsibility of being Carmelo Anthony's replacement should the Knicks deal the veteran All-Star.

Anthony is willing to waive his no-trade

clause if the Knicks send him to either the Houston Rockets or Cleveland Cavaliers.

The Knicks could also buy out the remainder of his contract worth \$54 million, which is what led to Jackson's departure from the team.

At 25 years old, Hardaway fits the mold of the youthful revolution that is taking over the Knicks but shelling out that much money for a player that has not been a consistent starter in the league is a head-scratcher, to say the least.

And in typical Knicks fashion, Mills did not attend Hardaway's introductory press conference. Instead, he'll leave head coach Jeff Hornacek out to dry once again.

Only time is going to tell if this deal works out, but Mills is starting his possible reign at Madison Square Garden with an enormous gamble.

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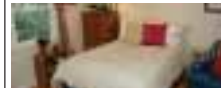
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Across

- 1 Look out --!
6 Meager
11 I love (Lat.)
14 Sherlock's lady friend
15 Comfortable
16 Edge
17 Roll with a hole
18 Plead irksomely
20 RR terminal
21 "Stormy Weather" singer
23 Knight's gear
24 Small cities
26 1950s card game
28 Play postscript (var.)
30 Foals
31 Dove or pigeon
32 Family man
33 Get wind of
37 Ely of "Tarzan"
38 Tidies up
41 Farrow of "Zelig"
42 Big Dipper bear
44 Road map info
45 Selflessly
47 Farm machine
49 Bog
50 Musical intervals
53 Less common
54 Hearth
55 International agreement
56 Chafe
59 Wagner opus

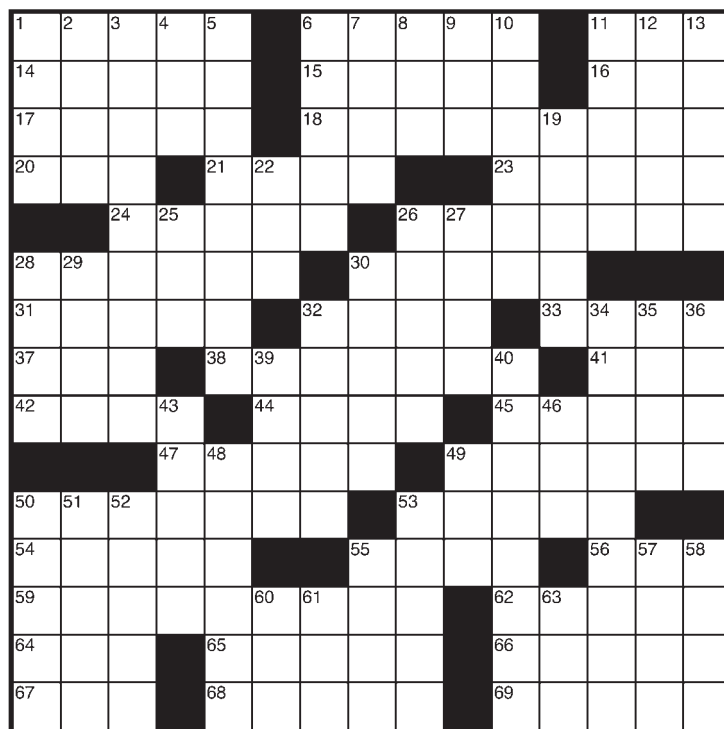
- 62 Angry
64 "The Name of the Rose" author
65 Departing
66 Sense organs
67 Get a load of
68 Summon
69 Mural undercoat

Down

- 1 Apron tops
2 Latin 101 word
3 Diplomatic missions
4 Individual
5 Showing signs of much use (hyph.)
6 Knee neighbors
7 Robin Cook book

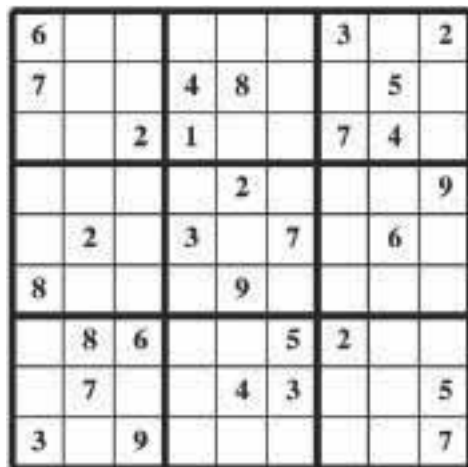
- 8 Elec. unit
9 Prefix for classic
10 Despot
11 Grads
12 North Dakota city
13 "Tosca," e.g.
19 Litter
22 MIT grad
25 Pamplona cheer
26 Rises to the occasion
27 Mr. Greenspan
28 Linen color
29 Broke
30 Provide eats
32 Liver pastes
34 Make blush
35 Has a fever
36 Sunbeams
39 Perry's penner
40 Huffing
43 Slacken off
46 Crude metal
48 Get even for
49 Big burger
50 Leers
51 "I've Got a Name" singer
52 Lake near Reno
53 Target-practice area
55 Healthy hue
57 Navajo foes
58 Baja kiss
60 Admin. head
61 John Wayne's "-- Lobo"
63 Unhatched fish

metro.us/crossword

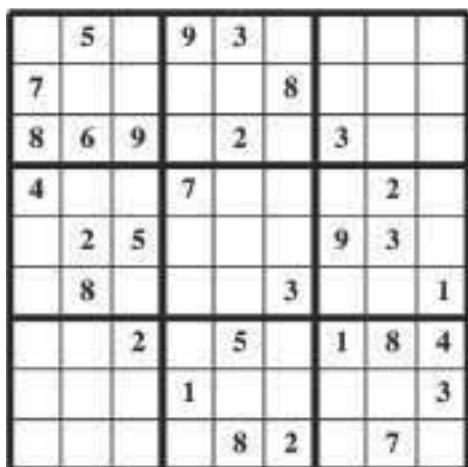


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Rely on your insight and experience to handle situations that could influence your personal or professional position. Proceed with caution and listen carefully to others.



Taurus Use your physical attributes to help get things done your way. Emotional tactics will work wonders when dealing with someone who is trying to get the better of you.



Gemini Communication will open a window of opportunity. Network, get involved in activities or groups that you find stimulating and explore new possibilities.



Cancer Anger is a waste of time. Use your energy to accomplish something meaningful. Productivity is the key to getting ahead. Find inspiration to make better life choices.



Leo You'll be surprised by the opportunities that come your way. Don't hesitate to say yes and do your part if you want to reap substantial rewards.



Virgo Stay focused on what you need to finish. Being sidetracked by what others are doing will lead to major delays. Call in favors if it will help you fulfill an obligation.



Libra Taking day trips, attending business or networking functions or spending the day with youngsters will help you expand your relationships with others and inspire you.



Scorpio Get the go-ahead before you make changes. Someone will overreact if you aren't up-front. Choose an alternative lifestyle if your current one isn't working.



Sagittarius Do your best to please others, but also work hard to further yourself. Offer canny suggestions and smart options. Your enthusiasm will help win you approval.



Capricorn Make a positive change that will encourage personal growth. Taking care of your physical and emotional needs will encourage better health.



Aquarius Your charm, inquisitive nature and witty demeanor will set the stage for an interesting day, filled with exciting ideas and plans. Partnerships look promising.



Pisces An unexpected opportunity will come through a back channel. Don't be too quick to take a leap of faith. Not everything or everyone will be on the up and up. **EUGENIA LAST**

Yesterday's answers



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